

JULY 2024

BREAKFAST



School Information:
Grant Elementary School



July is National Blueberry Month! Top off a bowl of cereal with some berries or mix fresh fruit with plain fat-free or low-fat yogurt.



MONDAY

Whole Grain Cereal
Fruit Cup
1% Milk **1**

TUESDAY

Whole Grain Muffin
Apple Slices
1% Milk **2**

WEDNESDAY

Yogurt with Cinnamon
Crackers
100% Fruit Juice
1% Milk **3**

THURSDAY

**No School –
Happy 4th of July!** **4**

FRIDAY

Cereal
Fruit Cup
1% Milk **5**

Whole Grain Cereal
Fruit Cup
1% Milk **8**

Whole Grain Muffin
Apple Slices
1% Milk **9**

Yogurt with Cinnamon
Crackers
100% Fruit Juice
1% Milk **10**

Oatmeal Bar
String Cheese
Applesauce
1% Milk **11**

Mini Bagels
100% Fruit Juice
1% Milk **12**

Whole Grain Cereal
Fruit Cup
1% Milk **15**

Whole Grain Muffin
Apple Slices
1% Milk **16**

Yogurt with Cinnamon
Crackers
100% Fruit Juice
1% Milk **17**

Oatmeal Bar
String Cheese
Applesauce
1% Milk **18**

Cereal Bar
100% Fruit Juice
1% Milk **19**

Whole Grain Cereal
Fruit Cup
1% Milk **22**

Whole Grain Muffin
Apple Slices
1% Milk **23**

Yogurt with Cinnamon
Crackers
100% Fruit Juice
1% Milk **24**

Oatmeal Bar
String Cheese
Applesauce
1% Milk **25**

Mini Bagels
100% Fruit Juice
1% Milk **26**

National Lasagna Day **29**

30

National Avocado Day **31**

